

YOUTH ACCESS IN THE FACILITY

Kids Club – Members receive 90 minutes of free Kid's Club per day. Kids Club provides programmed activities for children 6 months to 9 years old while parents are working out.

Gymnasium – Children 9 or younger are encouraged to play in the gymnasium with their parents/family during the designated open gym times. Children between 10-11 can use the gymnasium as long as his/her parent/guardian is present in the facility. Youth 12+ may use the gymnasium on their own.

Fitness Center – Children ages 8+ are allowed and encouraged to workout in the fitness center. All children ages 8-11 must complete the Youth Strength Training sessions, wear a wristband, and be accompanied by a parent or guardian while on the fitness floor. Youth 12+ may use the fitness floor on their own.

- Children ages 8-9 must workout next to a parent/guardian 18+.
- Children ages 10-11 must workout when the parent/guardian 18+ is in the facility.
- Children ages 12+ may workout on their own.

Group Fitness classes – Children ages 8+ are allowed and encouraged to workout in group fitness classes. Some classes may not be suitable for all children due to equipment use and/or height limitations of children.

- Children ages 8-9 must workout next to a parent/guardian 18+.
- Children ages 10-11 must workout when the parent/guardian 18+ is in the facility.
- Children ages 12+ may workout on their own.

Pool (both CRC & AC)– Children under the age of 10 must be accompanied by a parent or guardian at all times.

Children under the age of 10 must pass a swim test to use the lap lanes.

- Youth 10-11 years: can be in the natatorium alone as long as the parent or guardian is in the facility. This **excludes** Aqua Fitness classes.
- Youth 12+ years: can be in the natatorium alone and the parent or guardian does not need to be in the facility.

Aqua Fitness Classes (both CRC & AC) – Youth 12+ are allowed and encouraged to workout in aqua fitness classes.

Teen Center – Teen Center is designed to be a safe place for teenagers to hang out and have fun. Membership to the Teen Center is **free** to all youth grades 6th-12th.